

PREFACE

Mr. William Cavanagh and Mr. Herb Kroeten are credited with the initial development of the *Fourth Class Boxing Instructional Manual*. The current manual was updated in December 2001 and revised in May 2002 and July 2003 by the DPE Boxing Committee. This manual is intended as a working document to be updated when necessary. Its content reflects the diverse teaching and coaching experiences of the committee. Instructors are expected to be familiar with this manual and to use the lesson plans and guidelines for their instruction.

CHAPTER 1

INTRODUCTION

The mission of the United States Military Academy is to educate, train, and inspire the Corps of Cadets, so that each graduate is a commissioned leader of character committed to the values of Duty, Honor, Country; professional growth throughout a career as an officer in the United States Army; and a lifetime of selfless service to the nation.

MISSION OF THE DEPARTMENT OF PHYSICAL EDUCATION

To inspire, motivate, and develop cadets through a progressive and sequential program, to be leaders of character who are physically and mentally prepared for a career in the Army and a lifetime of fitness and well-being.

DEPARTMENT OF PHYSICAL EDUCATION PROGRAM GOALS

The Department of Physical Education has formulated five goals for the Physical Development Program:

- Develop military leaders with the knowledge, skills and ability to promote and maintain personal and unit fitness.
- Graduate Army Officers with the moral-ethical attributes essential for effective leadership and fair play.
- Provide the nation with physically fit Army Officers committed to a lifetime of participation in sports and physical activity.
- Provide a professional physical education and coaching education faculty that sets the example for teaching excellence, physical development, leadership and scholarship.
- To provide USMA and the ARMY research & expertise on physical development.

MISSION OF THE FOURTH CLASS INSTRUCTIONAL PROGRAM

The Fourth Class Instructional Program's mission is to:

- Lay the foundation of knowledge, skills, attitudes, and behavior which prepare cadets to meet the demands of an active military life-style.
- Promote and maintain a healthy, active personal life-style.
- Contribute to the development of the personal qualities and moral behaviors essential to an officer and leader of character.

GOALS OF THE FOURTH CLASS INSTRUCTIONAL PROGRAM

The Department of Physical Education goals for the Fourth Class Instructional Program are to:

- Expose cadets to activities in which an individual's perceived physical and psychological limits are challenged.
- Lay a foundation of skills and knowledge, which will enable a cadet to maintain a healthy, active personal life-style.
- Lay a foundation of skills and knowledge, which will help prepare a cadet to cope with the rigors of a military career.
- Develop in the cadets a sense of pride and accomplishment upon the completion of the Fourth Class program.
- Foster the development of the personal and professional qualities, behaviors, and attitudes essential in a leader of character and officer.
- Maintain a knowledgeable and professional faculty.

BOXING COURSE GOALS

- Develop in cadets coping strategies for physically and psychologically stressful situations.
- Expose cadets to situations in which their physical and psychological limits are stressed.
- Teach cadets to continue to function and to remain poised while experiencing fear (fear management) and to develop physical courage.
- Develop in cadets the warrior spirit, self-confidence, will-to-win and perserverance necessary to be a leader in the US Army
- Teach physically demanding self-defense skills, drills and exercises that can be used as part of their own and their unit's fitness program.

- Develop basic boxing skills with direct applications to un-armed combat.
- Enhance cadet moral and ethical development by emphasizing sportsmanship in the ring (not trying to hurt a defenseless opponent; utilizing correct boxing techniques).
- Provide cadets with an appreciation for the role fitness plays in a combat situation.

COURSE DESCRIPTION

Boxing is a 19-lesson course which covers many aspects of amateur boxing and exposes students to situations in which fear and perceived dangers are present. Stance, movement, basic punches (jab, cross, hook, and uppercut), defenses, strategy, and tactics are taught. Instruction on refereeing, judging, and serving as a corner second precedes authentic graded evaluations. The student's grade is based on the instructor's assessment of their performance in a jab sparring session, a mid-course competition, and three graded bouts. From a cognitive and psychomotor perspective, students are evaluated on their stance, movement, offensive and defensive skills, strategy, and tactics. In the affective domain, cadets are evaluated according to how they react to the stresses of a one on one physical confrontation.

CLASS PROCEDURES

Additional Instruction

Instructors may suggest but cannot require cadets to attend additional instruction beyond the normal class time. Cadets may ask instructors for additional instruction. Additional instruction will be scheduled at a time mutually agreeable to the instructor and cadet.

Attendance

Cadets are responsible for all course material taught during their absence. Cadets will box their graded bouts as scheduled, if medically able. A cadet may attend any regularly scheduled class to make up material missed because of an absence.

Locker Room Conduct

Locker room facilities are available for cadets to use on a daily basis only. Items stored in lockers should be secured.

Medical Procedures

Medical Screening Form. On the first day of class, cadets complete an Injury Screening Questionnaire that is reviewed by a DPE trainer.

Profiles. Cadets on a medical profile who are unable to participate in class (but have not been dropped from class) will first report to the instructor, ensure they are recorded on the class attendance roster, then maybe excused to the reconditioning room. Cadets on a self-paced medical profile may participate in class after being screened by the DPE

trainers.. All injuries sustained in class or any injury that may affect class participation must be reported to the instructor before class.

Reporting and Dismissal Procedures

The Section Marcher is responsible for maintaining the classroster, rendering an attendance report to the instructor, and conducting a formation at the beginning and end of each class.

Safety

Risk Assessment. Prior to the first day of class, cadets will receive and are required to read the boxing Risk Management matrix. Instructors will briefly address this matrix on the first day of class.

Jewelry or any object that may be hazardous will not be worn during class. Safety glasses maybe worn when there is no contact. Mouthpieces, handwraps and headgear will be worn during contact drills. Contact may only occur under the supervision of an instructor. All persons attending class are safety officers and are obligated to help prevent unsafe practices. Soft contact lenses are permissible, even during sparring.

Uniform

The class uniform is Gym Alpha (black shorts, T-shirt, white socks, and issued court shoes). Uniforms will be clean and serviceable.

INSTRUCTOR RESPONSIBILITIES

Instructor Absences

Instructors that anticipate missing a scheduled class are responsible for coordinating for a substitute instructor and recording the substitute's name on the committee's accountability roster kept on the server under the DOI's working files prior to seeking excusal from the course director. The instructor maintains ultimate responsibility to ensure appropriate class coverage. The instructor needs to CC a copy of coverage requests to the Director of Boxing.

Cadet Accountability

Under this section, the instructor's most important duty is daily roster verification. If a cadet is not on your roster, send him to the Class Coordinator's Office. Do not drop or add cadets from the class roster without authorization from the Class Coordinator. The section marcher takes attendance. The instructor verifies the accuracy of the section marcher's attendance report and records this on the boxing data base. Be sure that the USMA Grades, Attendance and the class roster match.

If a cadet is absent for lessons 1 & 2, the instructor will ascertain the reason for the absence and inform the course director of the student's status by the 3rd attendance. Whenever a student has two consecutive absences, the instructor will ascertain the reason for the absences and notify the course director and class coordinator of any change in the cadet's status before the next lesson. When a cadet drops boxing, record the date and reason on the roster and notify the course director and class coordinator ASAP. Continue to verify your rosters!

Contaminated Waste Responsibilities

Instructors are responsible for the safe disposal and proper handling of all contaminated waste. In addition, instructors will insure that equipment and supplies (e.g. gloves, chlorine cleaning solution, paper towels & appropriate sized trash cans) are readily available and used to handle blood and contaminated waste.

Grading Procedures:

The course value is 1000 points. Grades are awarded as follows:

Jab Sparring Bout (Lesson 6)	= 100 Points
Mid-course evaluation (Lesson 11)	= 100 Points
1st and 2 nd Graded Bouts (Lessons 16, 17)	= 500 (250 points/ bout)
3 rd Graded Bout (Lesson 19)	= 300 points
Total	= 1000 points

BOXING EVALUATIONS:

General. For all graded bouts, cadets will be matched according to weight and skill level. Instructors will attempt to match cadets within 10lbs and one skill-level.

JAB SPARRING BOUT: During the jab bout, cadets will be evaluated on the on-guard stance, footwork, movement, use of the jab, combination jabbing, use of feints and defenses to the jab.

MID-COURSE COMPETITION: During the mid-course competition, students will be evaluated on the on-guard stance, footwork, movement, jabs, crosses, combinations (including head- and body-work), counterpunching and the defenses to both the jab and cross.

GRADED BOUTS: Cadets must complete the three graded bouts to receive credit for Fourth Class Boxing. From a cognitive and psychomotor aspect, students are assessed on the entire spectrum of skills taught throughout the course. From an affective perspective, cadets are observed to determine how well they coped with the physical and psychologically challenges of a one-on-one confrontation.

Safety

Instructors will inspect bag gloves, boxing gloves, handwraps and headgear to determine serviceability. Unserviceable equipment will be disposed of and replaced with a serviceable equipment. Gloves will be replaced in pairs. Instructors should periodically check cadets for the proper fit of their handwraps, headgear and mouthpieces.

Instructors will stop bouts for the following reasons:

- A cadet employs poor punching or defensive form.
- The learning experience is not positive and/or productive.
- A cadet is stunned and continuation of the bouts could cause injury. Indicators: dizziness, failure to recognize visible signals (such as fingers), dilated pupils, unsteadiness and incoherence.
- Headgear or mouthpiece is removed from protective position.
- Bleeding that adversely affects breathing and/or vision.
- Open lacerations.
- Broken nose or other deformity.
- Injury to other body parts such as: ankle, shoulder, back where cadets are unable to continue

Sparring

- Instructors will evaluate their students by lesson 3 and assign them a 1-5 skill ranking. A 1 being a superior boxer and a 5 being a lower skilled boxer. This ranking will be used to match cadets for daily sparring bouts (but not controlled sparring drills) in order to avoid mismatches. The skill-level will be continually reevaluated and updated prior to the mid-course competition and throughout the graded bouts.
- There will be no un-supervised sparring in fourth-class boxing. At no time will the entire class spar simultaneously. A DPE instructor will directly supervise all sparring. A DPE instructor can only supervise one sparring bout at a time.
- **Safety:** If a cadet is knocked to the canvass or visibly stunned and remains standing, the primary or assistant instructor must go to that cadet and make eye contact in order to ascertain the cadet's condition. They must determine if the cadet is clear (not dizzy), has normal pupils (not dilated), is steady and coherent before allowing the bout to continue. The Cadet's well-being is of the utmost importance.
- **Rule of Thumb.** Stop a bout 5 seconds too soon rather than 1 second too late.

DPE Trainer responsibilities

Maintaining an accurate record of injuries that occur as a result of boxing.

A member of the training staff is on duty and available in the Training Room or boxing rooms during instruction.

Teaching Station

Instructors will arrive at their teaching station NLT 5 minutes before the start of class and will inspect the condition of the teaching station. If the condition of the teaching station is unsatisfactory, the instructor will correct the deficiency, record the discrepancy and notify the course director or responsible individual ASAP. Daily inspections and prompt reporting of unsatisfactory conditions will help insure that problems are dealt with in a timely manner.

Boxing and Individual nametags must be present, visible and serviceable.

Uniform

Instructors will wear gray, collared shirts, black shorts white socks, and black shoes. The gray sweatshirt is optional. Instructors must be in the same uniform when teaching.

Peer Assessment

The boxing committee will conduct peer assessments as part of their professional development. Each primary instructor will be assigned another primary to assess. The assessment will consist of observing a class and recording feedback on the assessment worksheet. Each primary will be back briefed on their class and the assessment worksheet will be turned into the boxing course director. Any trends or additional pertinent information will be distributed to the committee as a whole. The course director may attend classes to make an unannounced assessment or to observe.

SYLLABUS

LESSON	COURSE OVERVIEW
1	<ul style="list-style-type: none">• Admin (Intro, verify rosters, injury screening, risk management brief, course outline, class procedures, review evaluations; record weights, cross level sections by weight as necessary)• Issue and fit head-gear• Demonstrate hand wraps
2	<ul style="list-style-type: none">• Warm-up procedures• On Guard Stance (OGS) and movement within OGS• Movement (forward; circle left, circle right)• Intro jab to head• Drill work
3	<ul style="list-style-type: none">• Review previous material• Review jab to head; use of multiple jabs; drill• Defense jab to the head• Control Spar drills• Spar (identify skill levels)
4	<ul style="list-style-type: none">• Review previous lessons• Jab: ranges, counter-punch, feints• Drill work• Spar

5	<ul style="list-style-type: none"> • Review previous lessons • Drill Work (control spar) • Spar <p>Verify weights & skill levels</p>
6	<ul style="list-style-type: none"> • JAB EVALUATION (100 points)
7	<ul style="list-style-type: none"> • Cross to the head • Defense for cross to the head • Drill work
8	<ul style="list-style-type: none"> • Review previous lessons • Cross to the body • Defense for the cross to the body • Drill work • Spar
9	<ul style="list-style-type: none"> • Review previous lessons • Counter punch • Drill work • Spar
10	<ul style="list-style-type: none"> • Review previous lessons • Drill work; Control Spar; Spar (optional) • Ring strategy, duties and responsibilities of ref, & seconds • Verify weights & skill levels
11	MID COURSE EVALUATION (100 points)

12	<ul style="list-style-type: none"> • Review previous lessons • Hook to the head • Defense hook to the head • Combinations 1-2-3 • Drill work
13	<ul style="list-style-type: none"> • Review previous lessons • Hook to the Body • Defense hook to the body • Infighting techniques • Drill work • Spar
14	<ul style="list-style-type: none"> • Review previous lessons • Uppercut head • Defense to the Uppercut • Combinations: 1-2-3-4; 3-4 • Infighting techniques • Drill Work • Spar
15	<ul style="list-style-type: none"> • Review previous lessons • Drill work • Verify weights & skill levels • Review duties of Ref, Judge, and second • Address Ring Strategies • Graded bout administrative information (time to report and where).

16, 17	GRADED BOUTS 1 & 2 (250 points/ bout)
18	Review 1st 2 bouts; Drill Work; No Sparring
19	Graded Bout 3 (300 points)

LESSON PLANS

LESSON 1

The purpose of this lesson is to issue and fit headgear and brief students on course goals and classroom procedures.

TIME	EVENT
0000-0015	Administration
0016-0025	Issue Equipment
0026-0045	Course Overview, Teach/ Demo hand wraps

ADMINISTRATION

- Accountability
 - Record cadet weights
 - Verify no academic class conflicts
 - Cross level cadets in sections by weight
- Equipment Draw
 - Ensure all cadets record the proper headgear number and sign the equipment roster

COURSE BRIEFING

- Goals
- Uniform
- Class Equipment
- Risk Assessment/Management (**Safety**)
- Medical Procedures & Injury Screening Questionnaire
- Locker Room Conduct
- Warm Up Procedures
- Class management (reporting & dismissal procedures)

Course Description

Boxing is a 19-lesson course, which covers all aspects of amateur boxing and exposes students to situations in which fear and perceived dangers are present. Stance, movement, basic punches (jab, cross, hook, and upper cut), defenses, strategy, and tactics are taught. Instruction on refereeing, judging, and serving as a corner second is presented. The student's grade is based on the instructor's authentic assessment of their performance during graded bouts. Instructors evaluate students in the cognitive, psychomotor and the affective domains.

Purpose of the Warning

The purpose of the following information is to inform the cadet of the risk of potential injury in boxing. Information, regarding proper conditioning, healthful hints, and safety are shared in hopes of creating a more productive experience. Describing all potential injuries that a cadet may sustain while participating in boxing is not conceivable, but utilizing the proper execution of fundamentals, elements of instruction, and care of equipment remains imperative for the safety of those participating.

Potential Injuries

The following list represents potential injuries that may occur in boxing:

1. Cadets may experience head injuries that include: concussion, joint dislocations, fractures, broken noses and lacerations.
2. Cadets may severely stretch or tear muscles and tendons in the legs, arms, back, shoulders, ankles, and wrists. Proper warm-up should preclude much of this.
3. Cadets may develop blisters on the feet.
4. Injuries to the mouth and teeth might be sustained if mouthpieces are not worn.

Conditioning

1. Cadets should work on flexibility, strength, and endurance daily.
2. Stretching activities for the individual should precede all boxing classes for joint flexibility and muscular elasticity. Time is not allotted in class for stretching so the cadet should stretch prior to arriving.
3. Cadets should be aware that the idea of conditioning is a continuous process. The boxing course is designed to teach skills not get the cadet "in shape". Cadets are responsible for their conditioning.
4. Cadets should appreciate that the well-conditioned athlete will often perform better with fewer injuries.

Healthful Hints

1. Proper warm-up will be of help in reducing muscle soreness.
2. Cadets should inform the instructor of any disability or illness and report any and all injuries.
3. Communication should be strong between all members of the class. Cadets must employ the buddy team method of monitoring each other's well being.
4. Proper diet and rest is directly related to top performance.
5. Take advantage of the support system offered by the DPE training room.

Safety

Boxing is a contact combative sport which is governed by a set of strict rules. Even when the rules are strictly adhered to, the possibility of injury is present. Should you encounter any physical problems or impairments prior to class or during the course of a class, you must immediately notify the instructor before going to the DPE training room. No amount of instruction, precaution, and supervision can totally eliminate all risk of injury. You must accept a degree of responsibility for managing the risks inherent in boxing in order to get the most out of the experience. All cadets are safety officers. If you see or think that an unsafe act may occur, report it immediately to the instructor.

RISK MANAGEMENT MATRIX

Risk Identification	Reduction Strategies
Closed Head Injury (CHI)	<u>EQUIPMENT</u> = 16oz gloves, Headgear, Mouthpiece <u>PROCEDURES</u> = Controlled Sparring; Matched Sparring; SME Supervision; Frequent checks of headgear, handwraps and mouthpieces; 5 second, 1 second rule.
Sprained Wrist; Hand injury	Use of wrist wraps
Mouth abrasion; damaged teeth	Use of mouthpiece, 16oz gloves, Headgear
Hyper-extended shoulder Pulled muscle	Thorough instruction on proper punching techniques; proper warm-up
Debris in eye	Gloves not placed on ground, wipe gloves off upon contact with ground, sweep & mop gym floor
Excessive Weight Loss/Dehydration	Drink water before and after class; Instructors provide water during class
2 nd Concussion Syndrome	DPE Training Room visitation policy
Mis-matches	Match cadets by skill-level and weight; Instructor training; Instructor eyes on sparring
New instructor	Thorough cross-training; follow-on certification



Figure 1

Begin by placing thumb loop over thumb and start wrapping across the back of the hand.

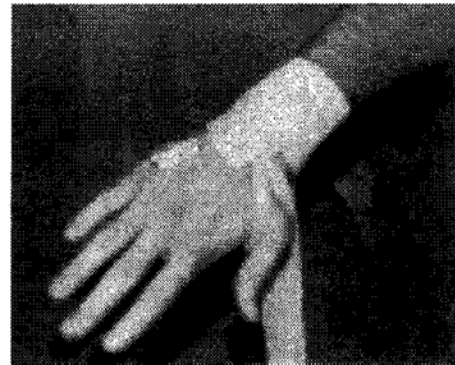


Figure 2

Wrap around the wrist twice to provide a stable wrist support.

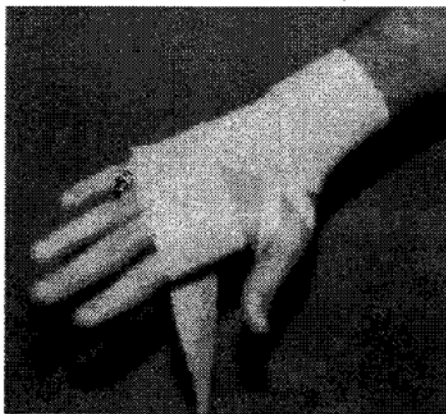


Figure 3

Bring wrap across back of hand and wrap twice around knuckle area. Edge of wrap should be about half way up to first knuckle of fingers.



Figure 4

Bring wrap across bottom of hand. Wrap around thumb as shown. Take wrap back in the opposite direction across bottom of hand.

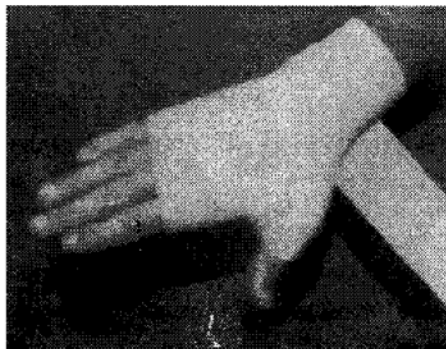


Figure 5

Bring wrap across top of hand. Wrap around thumb in opposite direction as shown in figure 4.

Figure 6

Take wrap around wrist and then across back of hand. Wrap around knuckle area again as shown.

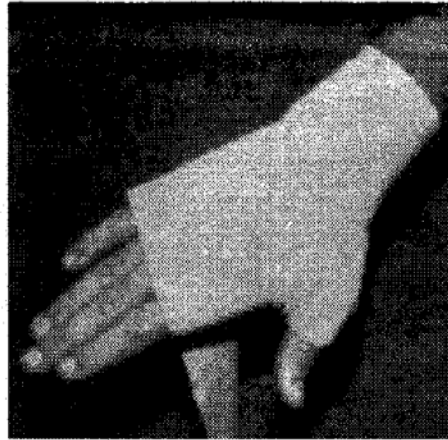


Figure 7

Go back across top of hand as shown. This will make an X pattern on the top of the hand. This pattern is best for stabilizing the bones of the hand.

Figure 8

Continue making an x design on top of hand. Occasionally go around knuckles and wrist as shown.



Figure 9

Finished wrap should look like this. It should be snug but not tight. If you keep the wrap smooth as you wrap, the wrap will be more comfortable and will not cut off circulation.

LESSON 2

The purpose of this lesson is to teach the on-guard stance (OGS), movement within the OGS, movement forwards and circling left and right; and to introduce the jab.

TIME	EVENT
0000-0010	Attendance, Demo Warm-Up Procedures
0011-0025	On-Guard Stance (OGS) Demo And Drill; movement within OGS; make a fist
0026-0035	Movement Demo and Drill
0036-0041	Drill OGS and movement
0041--0044	Intro Jab/ Closure

ON-GUARD STANCE

Description/Demonstration

Feet and Legs Position

Lead foot- approximately 12-18 inches in front of the back foot and slightly turned-in (about 35 degrees).

Feet- approximately a shoulder's width apart. With a slight open stance (rear foot kicked out six to eight inches to the outside of the stance). This gives our stance balance and stability in all directions (i.e. against straight-arm and bent-arm punches).

Front knee-flexed but not bent.

Back knee-bent

Heel-raised slightly off ground so that you can slip a piece of paper under your heels.

Balance – on the balls of both feet.

Weight--There should be slightly more weight on the rear foot—about 55-45 split.

Hands and Arms

“Lead hand high, level with your eye; rear hand in, level with your chin.”

Palms should be facing each other (almost like praying) with

a loose fist—this is good positioning for parrying.

Elbows - tucked into the body.

Forearms - perpendicular to the ground (elbows over the knees).

Line of sight – between and over the gloves.

Points To Emphasize for On-Guard Stance

The OGS and movement within the OGS is the first line of defense.

Feet should be about shoulder width, but comfortable. Don't stand flat-footed, keep the weight on the balls of the feet (about a 45-55 split of weight between lead and rear feet).

Head is over the groin; treated like part of the trunk.

Keep the chin down, elbows in, and hands up to protect the head.

The eyes should always be on the opponent. Boxers should try to look at the opponent's throat (anterior of neck).

Keep the elbows pointed toward the ground. Elbows should not “fly out” horizontally in the on-guard position or while punching.

It is a dynamic stance. There is constant movement within the OGS. A moving target is much more difficult to hit than a stationary target.

Stay relaxed.

Teaching Methods

Demonstrate and discuss the use of the OGS.

Spread class out using entire room.

On the command "*On-guard*," cadets assume an OGS.

Instructors should walk through the class to give constructive feedback on the OGS.

MOVEMENT

Description

Basic body position is an athletic stance. Body is balanced; knees bent slightly, weight on the balls of the feet. Circle step is executed laterally in a circular direction left and right. Slide step emphasizes shuffling the feet rather than picking them up and putting them down. The lead foot in the direction of desired movement always leads, or shuffles, the rear foot in the direction of travel slides or drags. Leading with the wrong foot will

cause crossing of feet and an imbalance in the stance. Movement should be short, but the ability to be dynamic, four-to-six inch increments.

Points To Emphasize On Movement

Move from a good OGS to a good OGS.

The foot closest to the desired direction of travel moves first.

Weight evenly distributed to allow movement in any direction.

Ensure movement is done on the balls of the feet and not the heels.

Circular movement in both directions.

Don't cross feet or close the stance.

Teaching Methods

- Demonstrate and discuss the use of: movement forward, lateral, circle left, circle right.
- Spread class out using entire room.
- Demonstrate OGS stance.
- On the command "On Guard," cadets assume OGS stance.
- On the command "*Move, forward,*" slide step forward.
- On the command "*Move, left,*" slide step to the left.
- On the command "*Move, right,*" slide step to the right.
- On the command "*Ready, circle left,*" cadets circle left.
- On the command "*Ready, circle right,*" cadets circle right.
- Ensure cadets move fluidly in all directions and don't cross feet.

Give cadets the opportunity to "shadow box." Let them move within their on-guard stance; circle left and right; move in 4 cardinal directions. Instructors circulate and provide individual and group feedback.

JAB

Description/Demonstration

The OGS and movement are the foundation of everything boxers do. Next is the jab. The jab is the most important punch in boxing. As such, cadets will throw this punch more than any other. If we are doing nothing in the ring, we are **wrong**--- jab, jab, jab! The jab should be thrown at the max extension of the arm. Boxers should maximize their range and get the jabs to land with maximum velocity.

Mechanics of Jab

The elbow acts as a hinge; therefore, it does not come out to the side. The elbow comes straight up as the glove/ hand comes straight out. At the point of impact, boxers should twist their fist to land the blow with palm facing down. The jab must “snap” or “pop” (think of a piston!). A slight twist of the hips (about $\frac{1}{4}$ turn) and a straightening (or “siding-up”) of our shoulders in towards the punch will give you extra “pop” and enable you to be almost perfectly perpendicular to your target. The slight twist involves both the hips and the shoulders. The jab should be thrown at eye level or above. Drive the jab to go through the target.

The jab is a range-finder. As such, the jab should accompany a four to six-inch step towards the target. Always return a jab to its “home,” at eye level—even when throwing multiple jabs. Step and jab at the same time. Step each time the Jab is thrown. The back foot moves the same distance to maintain a proper on-guard stance after the punch is thrown. It is important to keep the rear-hand in its on-guard position to protect the face. Combinations should begin and end with a jab.

LESSON 3

The purpose of this lesson is to: teach the jab to the head, the defenses for the jab to the head, and combination jabs. Review the jab mechanics from the previous lesson.

TIME	EVENT
0000-0010	Attendance, Warm-Up
0011-0015	Review OGS/ Movement
0016-0025	Jab to the head
0026-0030	Teach Defenses for the jab to the head
0031-0034	Drill Work
0034-0036	Discuss/ Teach Multiple Jabs
0037-0043	Drill work/SPAR
0044-0045	Closure/ Review

Teaching Methods

- Discuss the jab as a two-count punch.
- On the command "*Ready, one,*" cadets step four-to-six inches forward and simultaneously snap out a jab (at about 50% speed).
- On "*Ready two,*" cadets retract their jabbing arm to eye level and slide/ drag the rear foot back into on-guard position.
- Once cadets are practiced at performing the jab in 2 counts. They are ready to perform it in one count by combining steps one and two.
- "The jab, not by the numbers, at 50% speed. When I say ready jab, combine steps one and two above. *Ready, jab!*" Cadets respond by putting numbers one and two together from the previous drill.
- Drill work the jab at 50%, 65%, 75% and full combat speed.

Progress to bag-work with jabs and cadet-coaches. Cadet-coaches hold the heavy bag and provide good, specific feedback to their partners. One cadet holds the bag and coaches; the other cadet hits the bag. Instructors highlight areas cadet coaches should be looking at.

Multiple jabs are single jabs thrown in succession. Each jab in a combination should be able to stand alone as a single jab. Each jab starts and finishes from the OGS.

DEFENSES FOR THE JAB

Description/Demonstration:

There are two forms of defense: passive and active. Passive defense requires a boxer to take no action against a punch, but to remain in a good tight OGS. Active defense requires a boxer to actively make a movement of either the hands or body in reaction to an opponent's offensive punch. Teach cadets that the first line of defense is to always maintain a good on guard stance with movement within the on guard stance. The goal is to have cadets use active defenses.

Our defenses to the jab to the head are, in order, a good OGS (movement within the stance, hands high and chin down!!), the catch, and the parry. Always use a same-side defense. Regardless of what hand our opponent is, we defend our opponent's right w/ our left and vice versa (do not cross hands). Bottom line: anything that makes our opponent miss and affords us an opening to exploit is a good defense.

The **catch** is executed by rotating the hand/forearm slightly outward, so that the palm of the hand is open to the oncoming punch. With the hand rotated the boxer keeps the hand about 2-4 inches away from the face and catches the punch on the palm, it is important to keep the forearm rigid so that the boxer's glove is not forced back into the face. After the punch has been defended the hand is immediately returned to the on guard position.

The **parry** is executed by flicking the hand inside. Punches are parried to the inside so as not to violate our on-guard stance and open up the face.

It is important to teach boxers not to anticipate an opponent's punch. When defending a boxer must be patient and execute the catch and the parry at the right time. Ensure that the boxers do not over reach. This leaves the boxer open to counter punching.

The **slip** defense is moving the body away from the opponent's punch. It is initiated by bending the knees, and rotating the upper-body away from the opponent's punch and maintaining a good on-guard stance (hands high; chin down!!). It is critical that boxers slip away, or outside of their opponent's jab. Slipping inside will move the head right through the target area (i.e./ right into the cross!!).

Teaching Methods

The On-guard stance is the first line of defense against the jab. If not punching, move!

Boxers should focus their eyes on the upper chest/throat of the opponent. This will force the chin down and allow the boxer to see his opponent's hands with peripheral vision.

Make the jab miss by the smallest margin.

Don't reach or slap at the Jab.

Always defend with the same side hand (do not cross hands).

Slip to the outside to prevent the opponent from following with a cross.

Drill work

1-1 or 2:2 Drills: The boxers pair up and assume the role as one-man or two-man. One-man throws first on-command (when the instructor says "Jab"). Change-over at the instructor's discretion. Next drill might be a 1:1 or 2:2 with a single jab to the head at fifty percent intensity. Change over at your own cadence. With double or triple jabs. With multiple or single jabs—leave it to the boxers to determine what combinations (but only one at a time!) to throw. Cadets choose their defense—initially focus on the easier of the defenses, then move on to the harder defense). It is imperative that **instructors** specify the **drill, combination, and intensity level** for each iteration of drill work. Additionally, **instructors should use a verbal cue to start and finish each drill.**

LESSON 4

The purpose of the lesson is to introduce the jab to the body, defense to the jab to the body.

TIME	EVENT
0000-0010	Attendance, Warm-Up
0011-0020	Review previous lessons (OGS, footwork, jab to head, defense jab to head)
0021-0030	Jab to the body & defense jab to the body
0031-0036	Drill work
0038-0044	Spar (Verify skill level and match cadets for jab sparring bout)

JAB TO THE BODY

Description/Demonstration

The jab to the body is taught and executed exactly as the jab to the head except the body of the boxer lowers before the jab is thrown. The punch is a snapping punch that moves in a straight line from the shoulder to the target (Punch above the shoulder, do not punch down). It is executed by first bending at the knees to change the level of the punch. From this lower position, the punch is identical to the jab to the head. The lead shoulder, lead hand and lead foot move together. The boxer's weight is balanced, with the head behind the knee. The jab to the body is intended to teach cadets the concept of “going low and going high.” Since we have to preface the jab to the body by dropping a level, the boxer is, in effect, signaling to the opponent what is coming. The cost of throwing a jab to the body (getting a cross dropped on us, for example) far outweighs the benefit. The defenses for the jab to the body are to either take it (passive), move, or execute a same-side defense elbow block. The jab to the body is best used as a counterpunch.

Points to emphasize on the BODY JAB

Don't lean forward or punch down (punch up) when executing a body jab.

Don't over use the body jab. The lead jab to the body is dangerous; hence, it should be preceded and followed by a jab to the head. The offensive value of the body jab is limited.

Points to emphasize on defenses to the JAB to the body

- The proper OGS will block most jabs to the body.
- Rotate the elbows, same side, but don't drop the hands. (The risk is a follow-on head blow.)

Drill work

1-1 or 2:2 Drills with the jab to the head and body. Ideally, start drill-work somewhere before the last drill of the last class (as a refresher). For example, if the last drill of the last class was a 1:1 with a 1-1 (double jab) at 67% intensity, you might want to start this drill-work with a 1:1 drill with a 1-1 at 50%. Next, progress to 1:1 w/ 1-1 @ 67%, then proceed to the “new” material—incorporating jabs to body. After a 1:1 w/ jabs to the body, proceed to 1:1 with a 1-1 (head or body) up to 67%. This most closely approximates sparring. The cadets have some latitude (head or body), but they are restricted by who is on offense and who defends and the intensity level specified.

Sparring Guidelines:

1. **Cadet Safety**-is of the utmost importance.
2. Match cadets according to **weight** (cadets should be within 10 lbs of each other). and assigned **skill-level**. (attempt to keep cadets within 2 skill-levels of each other).
3. An instructor can only supervise **one pair** of cadets sparring at a time. **Under no circumstances will all cadets in a class spar at once.**
1. Update cadet skill-levels and weights as necessary.
2. Cadets should **not spar more than two one-minute rounds** on any given day.
3. One method is to pair cadets by weight and skill level, let each pair spar one round, and then re-match them up for one additional round with another boxer. According to weight and skill level. (Instructors can, however, shorten rounds to get more opponents, etc., but the guidance is the same: not more than two minutes of sparring.)

LESSON 5

The purpose of the lesson is to introduce feints, counter-punching, and to prepare for the Jab evaluation.

TIME	EVENT
0000-0010	Attendance, Warm-Up
0011-0015	Feints
0016 - 0020	Counter Punching
0011-0040	Drill Work (Feints/Counter punching)
0041-0045	Spar (verify weights & Skill levels

FEINTING

Description/Demonstration

Feinting -- the art of feigning an attack at one point and then attacking at another point -- is a sign of an expert boxer. Feinting requires the use of eyes, hands, body and legs to deceive the opponent, in order to create an opportunity to throw a scoring blow.

Points to emphasize on feinting

- Anticipate the reaction to the feint and be prepared to exploit that reaction.
- A feint is everything involved in the punch except letting the blow go. Feints should be varied to include head and hand feints, foot and body feints.
- Feinting creates momentary openings to exploit.
- Follow the feint with punches to the openings created by the feint.
- The boxer must “sell” the feint to the opponent.

Teaching Methods

- Demonstrate and discuss the feint.
- Cadets partner up and move to work stations.
- Execute 1:1 or 2:2 drills incorporating feints.

Drill work

For example, 1:1 w/ 1-1 to head or body @ 50%; 1:1 w/ 1-1-1 head or body @ 67%; 1:1 w/ single jabs to the head w/ feints @ 50%; 1:1 w/ 1-1 head or body with feints @ 67%

COUNTER PUNCHING

Description/Demonstration

Counter-punching can be used against an overly aggressive opponent or against an opponent who may be quicker to the punch. Counter-punching is an art which requires timing and quickness. The premise behind counter-punching is that by executing an appropriate active defense, the counter-puncher will create openings/ vulnerabilities to exploit. Same-side defense lends itself to an opposite-side (hand) counter. This is problematic during jab evaluations for opposite-handed boxers (conventional boxer with a southpaw), as they have to defend and counter w/ the same hand.

Points to emphasize on counter-punching

Anticipate your opponent's punch, but do not flinch at the punches.

Move and counter punch as your opponent punches.

Maintain eye contact (look at chest/thorax area) with the opponent.

Allow the opponent to punch then move in behind the punch to deliver multiple punches.

Teaching Methods

Demonstrate and discuss the counter-punch.

Cadets partner up and move to work stations.

Use 1:1 drills at a monitored progression to drill counter punching

Ensure to teach opposite handed counter punching

Drill work

For drill-work with the counter, we can use, for example, 1:1 counter drills. 1:1 counter with single jabs to the head at 50% intensity; 1:1 counter with double jab head @ 67%; 1:1 counter drills w/ 1-1 head or body @ 67%.

REVIEW SELECTED DRILLS

This lesson provides an opportunity to review and drill all of the skills the boxers have learned to prepare for the Jab evaluation. Instructors be sure to **verify weights** and **skill levels**. Also, explain the admin procedures of the jab evaluation.

LESSON 6

JAB EVALUATION

The purpose of this lesson is to evaluate the boxer's offensive and defensive skill level using only the jab.

TIME	EVENT
0000-0010	Attendance, Warm-Up
0011-0030	Jab Evaluation
0031-0045	Provide written feedback on jab evaluation

JAB EVALUATION

The jab evaluation is worth 50 points. Instructors will use the jab evaluation worksheet and grade students within their own section. Ensure that boxers are matched according to **weight** and **skill level**. Boxers will complete two one-minute rounds. Ensure you provide constructive feedback on the comment sheets.

LESSON 7

The purpose of this lesson is to introduce the cross to the head (the first of the power punches) and the defense for the cross to the head.

TIME	EVENT
0000-0005	Attendance, Warm-Up
0005-0007	Address jab evaluation instructive comments
0008-0011	Discuss Cross to the Head
0012-0018	Mechanics of cross—instructional formation (cross by numbers)
0019-0025	Practice Cross (heavy bags); practice with jabs
0026-0032	Teach defense for cross to head
0033-0044	Drill work with boxing gloves--Practice cross to the head and defense cross to head (low intensity)

CROSS

Description/Demonstration

The cross is a power punch. As such, it is rarely is it thrown “by itself,” or without some sort of lead (ie/ jab). “Un-led” crosses may be used as counter punches or to exploit a glaring weakness in our opponent’s OGS. The cross, like the jab, should be thrown at max range (max range= max velocity= max power). The target should be the back of the opponent’s head or body (ie/ hit through the target). When throwing the cross, we pivot on the rear foot (think of screwing a screw into the ground with the ball of the foot), twist our hips, drop our knee (ideally the upper leg will be perpendicular to the ground), turn the upper body slightly, and note-this is the last thing-let the rear hand come out. The rear shoulder coming through and even with the lead should should “launch” the cross.

Boxers should throw jabs with a slight twist in an effort to get perpendicular, or “sided-up”. This will help provide the torque needed for the cross. To assist in that effort, the cross hand must be kept rearwards in the OGS.

Points to emphasize on the CROSS

At impact, the elbow is slightly bent.

The punch is driven through the opponent.

The puncher returns to the on guard position by pivoting back into position by sliding the rear foot forward until in the on-guard position. Boxers cover themselves returning to the on-guard stance with a lead-hand punch (jab)

The non-punching hand **must** remain in front of the chin to protect the boxer.

The cross is thrown in a similar fashion to the shot-put. The weight of the body, not the strength of the arm, provides the force of the blow.

The cross must be thrown straight or run the risk of injury to the shoulder caused from the torque of the rotation.

The cross should be thrown at an approximate ratio of five jabs to one cross.

Don't let the elbows float out away from the body. Keep the elbows pointed toward the ground (elbows in over knees).

Teaching Methods

Demonstrate and discuss the use of the CROSS. Discuss the cross as a four count punch.

Spread class out.

Four-count Sequence

On the command "*On-guard*," cadets assume the OGS.

On the command "*Ready, one*," cadets take a small 4-6" step simulating that they are throwing a jab.

On the command "*Ready, two*," rotate the rear hip forward by driving off the rear leg and pivoting on the balls of the feet.

On the command "*Ready, three*," once the rear hip squares with the front hip, the punching arm extends forward. At the moment of impact, forearm rotates keeping the palm down. Non-punching hand remains at the face.

On the command "*Ready, four*," return to the on-guard position by returning the cross hand to the front of the face and sliding the rear foot forward.

Three-count move

On the command "*On-guard*," cadets assume the OGS.

On the command "*Ready, one*," cadets take a small 4-6" step simulating that they are throwing a jab.

On the command "*Ready, two,*" cadets puts two and three together from the last drill (i.e./ throw the cross).

On the command "*Ready, three,*" return to the on-guard position by returning the cross hand to the front of the face and sliding the rear foot forward.

Single Count Sequence

Cadets assume the OGS.

On the command "*Ready, punch,*" cadets execute the cross in one smooth movement returning to the OGS after it is thrown.

Defenses for the cross to the head

There are three basic defenses: a good OGS (not preferred), parry (preferred), power parry, the slip and the "duck-and-roll". The parry is executed in the same manner as the parry for the jab. Remember, only a slight wrist "flick" is required. Do not attempt to anticipate the punch; it will only open you up to an undefended blow. When discussing the parry for the cross, invite student comments. Invariably a cadet will comment that the cross is too powerful to parry. It is, however, arguably more effective as a defense to the cross as compared to the jab. The parry is a relatively small force vector applied to a large force vector in order to alter the course of the larger force vector (the punch). The larger the force vector (i.e./ cross compared to the jab), the more exposed your opponent will be after a successful parry. The power parry is executed by simply the upper body slightly and catching the cross with the forearm/ glove while rotating. The power parry is "safer" and easier for beginning boxers; however, it does not offer as good an opportunity to counterpunch. The slip is executed by keeping the hands high, shifting the weight slightly outside while ducking outside the punch. Of special note: a boxer should never try to execute a double-slip (i.e./ slipping both the jab and the cross in succession). In doing so, the boxer would have to slip through the target area while our opponent is throwing the cross. Bottom line in all defenses: be in position to counter; otherwise, it is a useless defense. The duck-and-roll is executed by pulling away from the punch (going with it) while ducking. In that manner, even if the punch lands, we will have taken some of the force away from it. Once clear of the blow, we pull "out" of the path of the punch to the outside, in position—again—to counter. Boxers will not be able to effectively duck and roll against an opposite-handed boxer's cross, as it would require us to arch.

Once cadets can adequately cross, move to the bags to practice. Once instructor team and cadets are comfortable with the cross, let cadets experiment with combinations on the bag. Since cadets are starting and finishing combinations with the jab, it should be fairly simplistic combinations (e.g./ 1-2-1, 1-1-2-1, etc.)

1:1 or 2:2 Drills: These drills can be conducted with the cross alone, initially, but remember that we don't throw the cross by itself. Hence, it is imperative that we progress from the "2" as our combination to using the "1-2," "1-2-1," and other combos.

For example, you might start off with an on-command “1” drill. The boxers pair up and assume the role as one-man or two-man. One-man throws first on-command (when the instructor says “Cross!”). Change-over at the instructor’s discretion. Next drill might be a 1:1 or 2:2 with a single cross to the head at fifty percent intensity. Next up, a 1:1 or 2:2 with a 1-2, then 1-2-1, etc.

LESSON 8

The purpose of this lesson is to introduce the cross to the body and defenses to the cross to the body.

TIME	EVENT
0000-0005	Attendance, Warm-Up
0006-0015	Review Cross To The Head (Bag-work, Target-work) and defenses for Cross to head
0016-0020	Cross to the body
0020-0022	Defenses to the cross to the body
0022-0040	Drill-work with cross to head and body

THE CROSS TO THE BODY AND DEFENSES

Description/Demonstration

The cross to the body can be an extremely effective body punch. Since body shots are prefaced by dropping, or changing levels, it is ineffective—and dangerous!—to lead with a body shot. The cross should follow a lead jab (start high, go low, finish high) or be thrown in combination with other lead-hand punches (hook). It is executed by first bending at the knees to change the level of the punch. From this lower position, the punch is identical to the cross to the head.

Points to emphasize on the BODY CROSS

- Don't punch down.
- Do not lean too far forward. You are susceptible to counter-punching.

Teaching Methods

- Since the boxers already know how to throw the cross, there should be no need to utilize a four-count sequence. Once discussed and modeled, cadets should be ready to incorporate the cross to the body into their arsenal.

DEFENSES FOR THE CROSS TO THE BODY

Description/Demonstration

Defenses to the cross are variations of the OGS. First off, a good OGS should take care of most body shots, as the elbows should be held in tight to the sides. Similarly, the first—and only—active defense is the same-side defense elbow block. The boxer should turn their upper body slightly to “meet” the oncoming shot with their elbow. If the body shot is coming at a perfectly perpendicular angle, turning will have the added benefit of creating an oblique angle—making the target harder to reach/ hit.

Points to emphasize on defenses for the CROSS to the body

- The proper OGS will block some crosses to the body.
- When executing a same-side defense elbow block, don't drop the hands from their normal OGS position.

1:1 or 2:2 Drills: As noted in the previous lesson, these drills can be conducted with the cross alone, initially, but remember that we don't throw the cross by itself. Hence, it is imperative that we progress from the “2” as our combination to using the “1-2,” “1-2-1,” and other combos. For example, you might start off with an on-command “1” drill. The boxers pair up and assume the role as one-man or two-man. One-man throws first on-command (when the instructor says “Cross!”). Change-over at the instructor's discretion. Next drill might be a 1:1 or 2:2 with a single cross to the head at fifty percent intensity. Next up, a 1:1 or 2:2 with a 1-2, then 1-2-1, etc. Key: instructors must (with safety in mind) continue to progress the students.

LESSON 9

The purpose of this lesson is to continue to introduce counter-punching for the cross.

TIME	EVENT
0000-0005	Attendance, Warm-Up
0006-0011	Review the cross—heavy bags, target drills
0012-0016	Teach/ Demo counter-punching for the cross Drill-work
0017-0023	Drill-work
0024-0029	Drill-work with counter-punching
0030-0041	Sparring
0042-0045	Group feedback/ Closure

COUNTER-PUNCHING THE CROSS

Description/Demonstration

Counter-punching against the cross adheres to the same principle as counter-punching against the jab. However, now that cadets know how to throw both straight-arm punches, cadets can better abide by the principle. Counter-punching the cross again follows this rule: counter-punch with the opposite hand that you defend with. Since cadets now have both straight-arm punches in their arsenal, they can effectively counter against opposite-handed boxers. In this case, cadets would counter a cross with a jab (or a hook, but we're not there yet). In the case of the duck and roll, cadets would come up outside of their opponent's on-guard stance with their weight shifted slightly to their lead foot. The boxer would then counter with a jab. Although the hook is better, they don't have that weapon yet!

Drill-work

Drill cross to the head and body {1:1 drill w/1-2 @ 50%; 1-2 (head or body) @ 67%; 1-2-1 (2 to head or body) @ 67%}

Drill-work w/ counterpunching

Counter drill w/ single crosses to the head on the instructor's command at 50%. 1:1 counter drill w/ singles crosses to the head @50%. 1:1 counter w/ 1-2 (head) @ 67%.

1:1 counter w/ 1-2 (head or body) @ 67%. 1:1 counter drill w/ 1-2-1 (2 to head or body; countering the cross only) @67%.

LESSON 10

The purpose of this lesson is to introduce ring techniques; describe referee, judge and second duties; and drill straight punches.

TIME	EVENT
0000-0010	Attendance, Warm-Up
0011-0014	Review on Heavy Bags
0015-0029	Drill-work
0030-0034	Ring Techniques
0035-0042	Ref, Second, Judge Duties
0043-0045	Closure/ Discuss M-C Eval for next lesson

Drill-work

1 :1 w/ 1-2 (head or body) @ 50%. 1:1 w/ 1-2-1 @ 67%. 1:1 w/ 1-2-1 (2 to head or body) @ 67%. 1:1 counter drill w/ 1-2 @ 50%. 1:1 counter w/ 1-2 (head or body) @ 67%. 1:1 counter w/ 1-2-1 (2 to head or body) @ 67%. 1:1 drill w/ 1-1-2-1 (2 to head or body) @ 67%.

RING TECHNIQUES

Description/Demonstration

An effective boxer must master not only the punches but the techniques and tactics of the ring. These are learned only by practicing in the ring. A good boxer relies on proper position to provide defense. When the boxer is not punching, he is moving. Boxers should remember that the opponent is most vulnerable after they have attacked so the boxer who defends well must follow the defense with an attack. **Controlling the ring space:** To control the available ring space, cadets may opt to box facing the closest set of ropes—thereby forcing their opponent to box with his back against the ropes. This will save energy and constrain your opponent's movements away from you. It will be easier to get combinations off against an opponent whose back is against the ropes or in a corner. Boxers who desire to retain the center of the ring position must make a conscious decision to move to the center of the ring and control the opponent's movement by pre-

emptive movements and jabs. Boxers that box from the center of the ring can cut off the ring to keep the opponent against the ropes or in a corner. Cut off corners and use the shorter lines towards the middle of the ring to keep the opponent against the ropes.

Taller boxer-shorter boxer: Traditionally a taller boxer will try to use his height, reach and movement to keep a shorter boxer at maximum range. Taller boxers should focus on straight-arm punches (jabs and crosses). Shorter boxers can rely on countering the taller boxer's jabs. Upon actively defending the jab, the shorter boxer can step in with a counter jab (or throw a counter cross for an opposite-handed opponent) and nullify the reach advantage. Otherwise, the shorter boxer may opt to flash a jab up high, thereby obscuring the taller boxer's view, while immediately sinking a cross to the body. It is usually beneficial for the shorter boxer to use the center of the ring position to keep the taller boxer against the ropes and prevent him from "moving."

Overly aggressive opponents: There are generally two ways to deal with an overly aggressive boxer. First, the boxer can use a combination of movement (especially pivoting to the outside) and jabs to keep the opponent off of you. If that fails, it is sometimes advisable to "fight fire with fire." After an initial step backwards, boxers can "load up" on an immediate combination. Focusing on the body works especially well against an aggressive "head-hunting" opponent. Finish the combination to the head.

Opposite-handed boxers: There are two critical advantages to boxing an opposite-handed boxer. For a taller jab-happy boxer, being opposite-handed gives the unique opportunity to stay outside of your opponent's lead foot and use the jab almost exclusively. Be advised that you must accept some risk to get some pay-off. In order to land a power punch, you need to move—temporarily, of course!—into your opponent's power hand side. For all boxers, facing an opposite-handed boxer enables you to counter a jab with a cross. Of course, that can make the jab somewhat less attractive as an offensive weapon, so it is critical to stay outside the lead foot when throwing the jab.

- Strategy

4TH CLASS BOXING REFEREE/JUDGE/2ND DUTIES AND RESPONSIBILITIES

JUDGES

Scoring Procedures

- Scoring will be in accordance with USA Boxing rules in terms of scoring blows; however, judging will be based on a comparison of the total number of scoring blows landed per round. Judges will keep track with check marks on a piece of paper by round and circle the greater number of hash marks. A round can be scored a draw; however, a match cannot be scored a draw. If one boxer wins one round and the other the next round, the following will be used as tie-breaking criteria, in order: A-D-G (Aggression-Defense-Ring Generalship)

Aggression. Judges make a subjective call as to who was the aggressor—who pushed the action throughout the bout.

Defense. If the judge can not make a determination who was the aggressor, the next criteria is defense—who displayed the better defensive skills (mostly active defenses) throughout the bout.

Generalship. If judges cannot make a determination based on the previous two criterion, it falls to generalship—who showed more command of basic boxing to include, stance, movement, defense, strategy, etc.

PUNCHES

Each blow to have scoring value must, without being partially blocked, land directly with the knuckles part of the closed glove of either hand on any part of the front or sides of the head or body above the belt. Swings landing as above described are scoring blows.

The value of hits scored in a rally of infighting shall be assessed at the end of such a rally and shall be credited to the boxer who has had the better of the exchange according to the decree of his superiority.

The following blows struck by a boxer are not scoring blows and do not count:

- While infringing on any of the rules
- With the side, the heel, the inside, the back of the glove, or with the open glove, with any part of the glove other than the knuckles part
- Which land on the arms, the shoulders or back
- Which merely connect, without the weight of the body or shoulders are not scoring blows and do not count.

RING CARDS

Each judge will have a pad of paper 2"x 5" and a pencil at his position for use in making a ring card and scoring the bout. Upon sitting down at the judge's desk, each judge should divide the paper into four equal squares. This will allow you to use the "centered finger" technique of scoring. Place your non-writing hand on the paper with your forefinger dissecting the paper horizontally. Mark the top two blocks Shirt and the bottom two blocks Skin. As the bout begins, a mark is made above your finger for every scoring blow the Shirt Boxer scores and below your finger for every scoring blow of the Skin Boxer. After each round is complete count the number of scoring "marks" above the centerline to score the Shirt Boxer and below the centerline to score the Skin Boxer. The boxer who recorded the most scoring blows wins the round.

Example Card

Once the 2nd Round is completed total the scores from each round and the high score wins. CIRCLE SHIRT OR SKIN AND HAND IT TO THE REFEREE.

REFEREE

The referee is the only person who during the round may be in the ring apart from the contestants. He shall watch that all rules be obeyed during the boxing, and warn any competitor who infringes such rules. The referee shall use three words of command, namely: When stopping the boxing, "STOP"; when telling the boxers to continue, "BOX"; when breaking a clinch, "BREAK". At the command "BREAK," both competitors must step back to approximately double arm's length; they may resume boxing immediately after stepping away. There is no need for a subsequent command of "BOX" after the "BREAK" command is given.

The referee should inspect the boxers prior to the bout. The referee should start at the head of the boxer and work his way down the body.

1. Inspect each boxer's headgear, ensure it is fitted properly, secured tightly to the boxer's head and has no sharp or protruding objects on it.
2. Ensure each boxer has a mouthpiece.
3. Inspect the boxer's gloves, ensure they are on properly and do not have any cuts/tears/ or rips in the canvas. Ensure no foreign objects or debris are on the gloves that could result in dirt or dust being placed in the opponents eyes on contact.
4. Inspect the boxer's footwear, ensure his shoes are the proper type (i.e. court shoes) and ensure they are securely tied.
5. While checking the boxer, it is common procedure to review the 3 boxing commands.

Once the boxers have been inspected the referee should ensure all three judges have prepared their cards and are ready to judge the bout. Once these actions are complete, they should signal the DPE instructors that the bout is ready to begin.

The referee's primary concern during the conduct of the bout is **SAFETY**. Any boxer who is knocked down or, in the opinion of the referee is unable to defend himself, should be given a standing eight count. A boxer is considered "down" if:

- He touches the floor with any part of his body other than his feet.
- He hangs unconsciously on the ropes.
- He is knocked through the ropes.
- Following a hard punch, he has not fallen and is lying on the ropes and/or appears dazed, (is possibly in a semi-conscious state) and cannot, in the opinion of the referee, continue the bout.

In the event of a competitor being down, his opponent shall retire to the furthest neutral corner and shall not recommence boxing until told to do so by the referee.

The referees first concern during a knockdown is the boxer doing the punching, NOT the person being knocked down. The referee should immediately give the command "STOP" and direct the standing boxer to the neutral corner to ensure that no further blows are rendered to the downed opponent. Once the standing boxer is in the furthest neutral corner, the referee returns to the knocked-down boxer and administers a standing eight count. The referee should slowly and deliberately count to eight *BOTH* out loud and with his fingers in front of the face of the knocked down boxer. This will allow the boxer to show both the referee and the DPE instructors that he is attentive and able to continue. There shall be a minimum count of eight before the contest may be resumed. Prior to releasing the boxer back to competition, the referee should require the boxer to raise his hands in front of his face and show he is able to continue to defend himself.

NOTE: SAFETY: If a cadet is knocked to the canvass (not a slip), the primary or assistant instructor must go to that cadet and make eye contact in order to ascertain the cadet's condition. They must determine if the cadet is clear (not dizzy), has normal pupils (not dilated), is steady and coherent before allowing the bout to continue. The Cadet's well-being is of the utmost importance.

Instructors will stop bouts for the following reasons:

- A cadet employs poor punching or defensive form.
- The learning experience is not positive and/or productive.
- A cadet is not conscious.
- A cadet is stunned and continuation of the bouts could cause injury. Indicators: dizziness, failure to recognize visible signals (such as fingers), dilated pupils, unsteadiness and incoherence.
- Headgear or mouthpiece is removed from protective position.
- Bleeding that adversely affects breathing and/or vision.

- Open lacerations.
- Broken nose or other deformity.
- Injury to other body parts such as: ankle, shoulder, back where cadets are unable to continue

The specific rules of boxing are very clear on what is and is not a legal blow in boxing. As fourth class referees, these cadets are not expected to know all the rules of boxing. Once again, their primary concern is *SAFETY!* If serious rules infractions are taking place, the DPE cadre will stop or break the bout. Cadet referees are in the ring to aid the DPE instructors in ensuring that both boxers box within the rules and in a safe manner.

SECONDS

The primary reason for seconds is to refresh the boxer between rounds. Boxers should feel better after the rest period than before. The routine that should be followed is:

1. Have the stool ready for the boxer when he returns to the corner.
2. Have him sit erect with his feet flat on the floor and his lower leg at a 90-degree angle from the floor. His hands should be relaxed and in his lap.
3. Take the mouthpiece from him to allow him to breathe deeply.
4. Have him take about three deep breaths to more or less slow him down since he will be quite excited when he sits down. It will assist him in relaxing.
5. Clean off his face with a damp paper towel but be sure to wipe it dry again.
6. At the ten second warning of “Seconds Out”, replace his mouth-guard and step out of the ring. Help the boxer to his feet and remove the stool.

A man cannot be taught to box in a one-minute rest period. The best a coach/second can hope to accomplish during this brief interval is to help his man to recall and perform skills he has previously learned. ONE man should be talking to the boxer between rounds. He should stress one or two items that will help to improve his boxer’s performance. He should repeat the advice two or three times in order to get it across to his man with the last time just as the bell rings.

LESSON 11

Mid-Course Competition

The purpose of this lesson is to evaluate the boxer's offensive and defensive skill level using both straight arm punches.

TIME	EVENT
0000-0010	Attendance, Warm-Up
0011-0030	Mid-Course Competition
0031-0045	Provide Written feedback

The purpose of this lesson is to evaluate cadets on the use of the Jab, the Cross, Combination Work, and Defensive Techniques. Instructors must match boxers by skill levels (ie/ match a "4" with a "4" when possible) and weight.

Warm Up

In-brief

Two Round Bout

Instructors will match up cadets using the database/ ORD web site. Cadets will be matched by weight and skill level. When possible, match cadets by skill level within 5 pounds of each other. Boxers are matched by weight first and skill-level second. When having to match cadets with disparate skill levels, ensure that the lower-skilled boxer outweighs the higher-skilled boxer. Boxers from both sections will be matched up by the "OIC." Half will box in the East room, the other half in the West room.

The evaluation will consist of two sixty-second rounds. Both rounds will be boxed in the same room. Cadets will act as seconds and referees. No judges will be used for the M-C Competition.

LESSON 12

The purpose of this lesson is to introduce the hook to the head and its defenses.

TIME	EVENT
0000-0005	Attendance, Warm-Up
0005-0007	Review Straight-armed punches/ Mid-course evaluation feedback
0007-0022	Hook To Head Practice hook to the head
0022-0031	Defenses hook to the head
0032-0042	Drill-work w/ Hook to Head and defenses

THE HOOK

Description/Demonstration

The hook is the first of the bent-arm punches. It is primarily thrown after a cross, since the weight should be transferred forward after throwing a cross. Our weight is then transferred to our rear foot with the hook. Pivot, as in the cross, but this time on the front foot. The hook must whip through the target (think of pulling your opponent's head off!!). Thumb up or palm-down, whatever is comfortable for you. Thumb up is more powerful—added torque by letting the bicep muscle “pull.” Palm down lets us keep our elbow higher, hence, is better from a defensive standpoint. Again, practice dropping the knee and whipping your hips around. Three possible verbal/visual cues are as follows:

“Hips”—intended to reinforce getting your hips through the target line

“Two Targets”—intended to reinforce following-through with the hook. In effect, each boxer should visualize hitting two targets, the one directly in front of him and one next to his opposite ear

“Elbow”—intended to reinforce keeping the elbow up to provide back-side protection

The hook is best practiced away from the heavy bag. Target drills and 1:1 drills at low-intensity are preferred. This allows the boxers to follow-through with their hooks and makes it more realistic.

Teaching Methods

- Demonstrate and discuss the use of the Hook as a three-count punch.

- Spread class out using entire room.
- On the command "*On-guard*," cadets assume an OGS.
- On the command "*Ready, one*," cadets shift weight forward as if they have thrown a cross (no arm/hand movement)
- On the command "*Ready, two*," cadets shift weight rearwards as if they have thrown a hook
- On the command "*Ready, three*," cadets resume the OGS.

For the next iteration:

- On "one," cadets shift weight forward as if they have thrown a cross
- On "two," cadets raise lead arm in preparation to throw the hook (upper-arm parallel w/ ground, if knuckles are up—if thumb is up—arm is just below being parallel--ninety to one-hundred and ten degree bend in arm)
- On "three," cadets pivot through and "finish" the hook
- On "Four," cadets resume the OGS

For the next iteration:

- On "one," cadets shift weight forward and throw a cross
- On "two," cadets put two and three together from previous iteration and throw the hook
- On "three," cadets resume the OGS

Drill-work w/ Hook-head

Party Gloves and target drills: Boxers move to partner workstations and present a hook target for each other. Boxer throwing the hook shifts as if he/she has thrown a cross and hits the exposed/ padded side of the glove. Target-holders present minimal resistance and let their target-glove-arm fall against their parallel arm. Boxers can progress to throwing jabs and crosses prior to the hook, but misdirected to the side of the target.

DEFENSES FOR THE HOOK TO THE HEAD

Defenses for the hook to the head include a good OGS (hands high, chin down--not preferred), block, smother or step-in, duck and the bob-and-weave. The smother is executed by holding our hand unusually high with our elbow rigid; simultaneously step into our opponent. Ideally, the punch will fall harmlessly behind your head. For the bob-and-weave, duck with the punch and pull out of it.

Drill-Work:

1:1 or 2:2 Drills: Start with the hook alone and its associated defenses. First drill should be instructor-directed (i.e./ boxers throw the hook on the instructor's command) Progress from there to single- hook "combinations" and combinations using the hook (i.e./ 1-2-3).

LESSON 13

The purpose of this lesson is to introduce the hook to the body, defenses for the hook to the body, drill-work and spar.

TIME	EVENT
0000-0005	Attendance, Warm-Up
0006-0010	Review (Hook-Head and defense)
0011-0025	Drill-work
0026-0035	Hook to the body. Defenses for the hook to the body
0036-0045	Drill-work/ Sparring

HOOK TO THE BODY

Description/Demonstration

The Hook to the body can be a devastating punch. It is thrown just like the hook to the head, but the boxer must change levels. The target is the side of our opponent's body. It is especially effective after a cross to the head.

DEFENSE FOR THE HOOK TO THE BODY

Description/Demonstration

The defense for the hook to the body is a same-side elbow block (the same as for all body shots). The elbow block is accomplished by tightening up the normal on-guard stance and turning the body slightly to intercept the hook. The blow is absorbed on either the elbow or the forearm.

Drill-Work:

1:1 or 2:2 Drills: For these drills, incorporate the hook to the body (i.e./ 1-2-3 with 1 and 2 to the head and 3 to the body, 1-2-3 with either the 2 or 3 to the head or body)

LESSON 14

The purpose of this lesson is to teach the uppercut to the head and the defense to the uppercut to the head. Uppercuts to the body will not be taught.

TIME	EVENT
0000-0010	Attendance, Warm-Up
0011-0020	Review
0021-0030	Uppercut and defenses
0031-0035	Infighting Drills
0036-0045	Sparring

UPPERCUT

Description/Demonstration

The Uppercut is mainly an infighting punch, which is effective against a boxer who crouches or as a counter-punch. It is especially effective when used in combination with the hook. While the hook forces the opponent to defend against punches coming from the outside, the uppercut comes from up the middle.

The uppercut is a bent-arm punch, like the hook. However, this punch is thrown upwards. The target is the chin. Used for infighting. We use this against crouching, or lazy opponents who want to hang on us. Same pivot and turn of hips as the cross, but now we whip the punch in a vertical direction. Although the uppercut can be thrown with either hand, the rear hand is taught in Fourth Class Boxing.

The uppercut is thrown by pulling back our lead shoulder while rotating our rear shoulder forward and up (like bicycle pedals pedaling backwards). The rear hand comes away from the face no more than approximately twelve to fourteen inches and we drive the punch forward and up—through the target—while pivoting on our rear foot and rotating our upper body. Sequence: pivot, square hips, pedal shoulders backwards, drive punch through target. The lead hand must return to its good-on-guard position (assuming that we are throwing the uppercut in concert with a hook) to protect us while we throw the uppercut. Remember, rear-hand punches leave us very vulnerable to counter-punches, as boxers square us off. Boxers can jab out after an uppercut or hook. The uppercut is used very sparingly. It is the most “situationally-dependent” punch that we teach. Jabs to crosses: 4 or 5 to 1; crosses to hooks: 2 or 3 to 1; hooks to uppercuts: 2 or 3 to 1. The counter for a same-handed opponent’s rear-hand uppercut is a short, chopping cross (opposite side/arm that we defend with). Counter for an opposite-handed opponent’s rear-hand uppercut is a hook.

Points to emphasize on the Uppercut

- Don't advertise the punch. An opponent who counter-punches can beat the uppercut if he sees it coming.
- The target is between the gloves—the chin. If combined with hooks from the outside, the uppercut can be devastating.

Teaching Methods

- Demonstrate and discuss the use of the Uppercut a three-count punch.
- Spread class out using entire room.
- On the command "*On-guard*," cadets assume an On-guard stance.
- On the command "*Ready, one*," pull the lead shoulder back, drop the trail shoulder slightly while preparing the rear hand (dropping it slightly from its on-guard position).
- On the command "*Ready, two*," cadets throw an uppercut by finishing the pivot and rotating the body violently and driving the trail hand up and through the target.
- On the command "*Ready, three*," cadets resume the On-guard stance.

Single Count Sequence

- On the command, "*Ready, punch*," cadets execute the uppercut one smooth movement returning to the on-guard position after it is thrown.
- Once cadets can adequately uppercut, move to party gloves and practice the uppercut as a single punch with target drills. Progress to combinations with the hook.

Combinations

Once the cadets have mastered the uppercut as a single punch, introduce the jab, cross, hook, uppercut combination: the 1-2-3-4. While the 1-2-3-4 will allow the cadets to practice all of the punches they have learned in the course, it is not a very feasible combination. The "3" should be a transition punch—it is a classic 'tweener. It's in-between long range (straight-arm punches) and short range (uppercut). Hence, the hook is used two or three times more than the uppercut. The most apt use of the uppercut is in an in-fighting scenario exclusively with the hook. Practice throwing combinations of hooks and uppercuts.

DEFENSE FOR THE UPPERCUT TO THE HEAD

Defenses to the uppercut to the head is a good on-guard stance (passive). Use the same defense for the uppercut to the head. Since the punch is a vertical one, our arm protects our face (elbow and glove) simultaneously. The counter for a same-handed opponent's rear-hand uppercut is a cross over the top; opposite-handed is a hook.

Drill-work: Target work with party gloves and 3-4 and/or 4-3 combinations to the head and body (both punches) @ 50%. 2:2 drills with single uppercuts to the head or body (same defense) @ 67%. 2:2 drills with 4-3 and/or 3-4 combinations (head or body) @ 50%. 2:2 drills with 3-4 and/or 4-3 combinations (head or body) @ 67%.

INFIGHTING TECHNIQUES

Infighting is an art of throwing repeated hooks and uppercuts more frequently or more rapidly than the opponent. Infighting is especially valuable when the opponent has a height/reach advantage.

Infighting begins when the boxer closes with his opponent by slipping punches or stepping to the outside. The boxer then throws punches with both hands to the body in short bursts. Care should be taken to keep the head up and watch the target at all times. Combining punches to the body followed by punches to the head can be particularly effective.

Points to emphasize on Infighting

- Emphasize *tight* punches. Boxers must throw hooks and uppercuts close to the body for two reasons. One, prevent themselves from being open to count-punched. Two, shorter punches are quicker and can do more damage.
- Never stop punching. If not throwing punches, pivot or move out laterally. Don't move straight back, as the opponent will be able to move forward more rapidly.
- Keep head up and maintain movement. A stationary target is an invitation to get hit. By rotating the body, most punches will be absorbed by the gloves, arms and shoulders. Boxers should never allow themselves to be in front of their opponent.

Teaching Methods

- Demonstrate and discuss infighting techniques.
- Cadets partner up and move to work stations.
- One cadet is "coach" while the other is practicing defense.
- On the command "*On-guard*," both cadets assume the on-guard stance-- boxers should be head-to-head with the headgear touching.

- On the command "*Ready, Box,*" Boxers throw hooks and uppercuts at specified intensity.
- Defender maintains constant movement while defending against blows.

LESSON 15

The purpose of this lesson is to teach infighting techniques and to drill all punches.

TIME	EVENT
0000-0010	Attendance, Warm-Up
0011-0020	Review (Heavy Bags/ Target Drills)
0022-0024	Shadow Box (visualize strategy for GBs)
0025-0045	Drill-work

DRILL-WORK

1:1 Drill. Progress from single uppercuts to uppercuts in combination. Best drill is an infighting drill where one boxer will position him against the ropes. The other boxer uses a “4-3” or “3-4” as the infighting combination. Progress to countering over uppercuts.

1:1/ 2:2 Drills. This is the last lesson prior to graded bouts, so instructors should take the opportunity to drill everything from the course. Example drills would start with 1:1 or 2:2 drills with straight-arm punches like a double-jab (i.e./ 1-1). Cadets should be allowed to incorporate jab-feints into the combinations. Progress to a 1-1 with a counter, then a 1-2-1, then a 1-2 (head or body)-1, then a 1-2 with a counter (so cadets can practice countering the cross). Progress to 1-2-3, 1-2-3 (head or body), 1-2-3 with a counter (misdirected), then finish up with a 1-2-3-2-1 combination. Lastly, execute 4-3 or 3-4 combos with 1:1 or 2:2 drills as outlined above. Cadets will **not spar** the lesson prior to graded bouts.

LESSONS 16-19

Graded Bouts

The purpose of this lesson is to evaluate the boxer's offensive and defensive skill level.

TIME	EVENT
0000-0010	Attendance, Warm-Up
0011-0030	Graded Bouts
0031-0045	Provide feedback

Administration: Cadets from all four sections will report at the earlier hour (i.e./ cadets from A and B hours will report for A hour class) and be sectioned into appropriate rooms as directed by the hour OIC.

Accountability: Assigned Hour OICs will maintain accountability for all four sections as well as inputting grades for all cadets in that two-hour block.

Assign Opponent: The selection of opponents will be made using the database on ORD-Instructor program. Instructors are responsible for making match-ups in accordance with the Course Director's guidance. Match-ups should be made in accordance with appropriate weight classes and skill levels. All cadets should box cadets within ten pounds of their weight. When possible, match up cadets with the same skill levels. When in doubt, match by weight first then skill level. **However**, hour OICs should have a good "feel" for their hours boxers and can use good judgment to match. The most appropriate match-up would be the 150-pound "3" with the 155-pound "4" and the 155-pound "4" with the 160-pound "3." **However**, if in the hour OIC's opinion, the 150 lbs. "3" should be matched with the 160 lbs. "3", then do it. It is incumbent on instructors to constantly verify weights and skill levels. If a cadet is heavy-handed, make him a higher skill level when in doubt. If a cadet has sustained a head injury, he may be downgraded a skill level for safety reasons.

Bout Procedure: Graded bouts will be two one-minute rounds with a forty-five second to one minute break in between rounds.

Refereeing, Judging, & Seconding Assignments: Cadets will fill all duties as outlined in lesson ten—judges (three), referee (one), and seconds (two).

Instructors announce the bout order and duties in between rounds.

CROSS TRAINING FOR BOXING COMMITTEE TEAM MEMBERS

1. To ensure the highest level of proficiency of new instructors, the boxing committee will formalize the boxing cross training process into a 5 phase operation. Upon arrival in DPE, each new instructor is assigned a boxing mentor (seasoned boxing committee member). Under the direction of the mentor, the new instructor will complete the 5 phases during the summer months. The mentors have the responsibility of deconflicting summer requirements and scheduling the cross training.
2. The 5 phases are sequential in nature and are described below:

Phase 1 Mentor Assignment: This phase can take place while the new instructor is still at Grad School. The goal of this phase is to open a dialogue with the new instructor and discuss the expectations of the program and answer any questions.

Phase 2 Watch Training Videos: The new instructor will watch the West Point Series boxing training videos which consists of three videos: The Jab, The Cross, and the Hook/Upper Cut. They will also watch a video of graded bouts and/or a video of an actual boxing class.

Phase 3 Program of Instruction (POI) Familiarization: During this phase, the mentor will sit down and review the boxing POI. The new instructor will become familiar with the boxing program goals, class procedures, safety/risk management considerations, grading criteria, and additional relevant information.

Phase 4 “Walk the Walk”: During this phase, the new instructor will perform the baseline tasks that we expect of the cadets i.e. work the bags, shadow box, work target drills, and execute bouts of light sparring. The mentor will instruct them on the following: stance/movement, the basic punches, defensive techniques, tactics/strategy, and common cadet shortfalls.

Phase 5 Validation: The cross training will culminate during Reorg week (2nd week of August) when the new instructors will be evaluated on their performance of the basic skills and present a class to the Boxing Course Director.

3. Upon completing of the boxing cross training, new instructors will perform the duties of AI during round one. At the end of round one, the Boxing Course Director will assess the progress of each new instructor and make the determination as to whether they are ready to primary a boxing class in round 2. The boxing course director will monitor the new instructor’s progress throughout the summer.

ANNEX B

GRADING CRITERIA (GESTALT)

Grading Procedures

A 90-100:

MOVEMENT

- Superior movement (ring movement and movement within the stance)
- Demonstrates ring generalship (composure, ring management, strategy)

PUNCHES

- Lands most punches consistently and effectively
-
- Good infighting skills
- Superior combination work (body- and head-work, incorporates straight and bent-arm punches, punches thrown at correct range)

DEFENSE

- Effective active defense

B 80-89:

MOVEMENT

- Good movement (ring movement and movement within the stance)
- Maintains composure

PUNCHES

- Goes low and high Changes levels
- Effective cross with power
- Effective combination-work
-
- Bent arm combinations used (combinations with 3s and 4s) with success

DEFENSE

- Active defense (catch & parry)

C 70-79:

MOVEMENT

- Good stance, some movement (ring movement and movement within the stance)

PUNCHES

- Throws adequate straight punches
- Relies on single jabs
- Throws some bent arm punches
- Some combination work 1-2

DEFENSE

- Poor active defense Demonstrates adequate passive defensive techniques
- Hands remain up and the “on guard stance” is maintained most of the time

D 65-69:

- Poor stance and movement
- No straight punches
- Turns back to opponent

F <65:

Refuses to fight

ANNEX C

MID-COURSE EVALUATION GRADING CRITERIA

ANNEX D

PEER EVALUATION ASSESSMENT WORKSHEET

ANNEX E

PRINCIPLES OF MOTOR LEARNING

Motor learning principles and exercises have been incorporated into the boxing lesson plans to help increase skill acquisition efficiency, to foster relatively permanent gains in performance capability and to aid transfer of practice skills to the graded bouts.

MOTOR LEARNING PRINCIPLES AND SUGGESTIONS

Verbal Cognitive Stage: (Initial stage of learning)

Teaching should include lots of modeling from the instructor. Minimize verbal instructions and maximize active practice. Keep verbal instructions straightforward and direct. Emphasize only one or two major concepts. Blocked Practice (a practice sequence where all of the trials of a given task are completed before moving on to the next task) works well.

Prescriptive feedback: (Needed for effective corrections to occur.)

The instructor's feedback should prescribe a solution to the movement error. Try to guide the learner toward an effective solution. For example: "On your jab, try to extend your shoulder another four inches." Feedback such as, "That punch was terrible" contains no useful information for making prescriptive changes and should be avoided.

Average and Summary feedback:

The instructor waits for several trials before giving feedback information. The boxer receives only the average feedback of those trials or a summary of his movement patterns. The instructor watches the boxer throw five punches and reports, "Your jab was on the average four inches short."

Advantages over giving feedback after one trial:

- Allows the instructor to form a better idea of the boxers' movement pattern. On any one attempt, anything can happen and the perceived movement pattern may not be typical of the learner.
- Prevents the dependency producing effects of feedback and fosters the retention of skills during the graded bouts.
- Blocks the learners tendency to make corrections on every move which generates movement consistency.
- Research has demonstrated that giving feedback on every 5th trial was most effective for retention of skills.

Teaching For the Motor Stage.

This occurs after the initial stage of practice when the learner can produce a general approximation of the desired skill. Emphasis should be placed on practice that leads to long term retention of skills.

- Teach fundamental movement patterns (the acquisition of new patterns of action) first then parameters (duration, direction and force).
- Use variable practice (a schedule of practice in which you rehearse many possible variations of a movement class). For example: Have the boxer throw punches at 25%, 50%, 75% and 100% velocity. This allows generalizability to new movements.
- Use knowledge of results (verbalized information about success in meeting the movement goal.) For example: Give the boxer information about the accuracy of his punches.
- Use knowledge of performance (kinematic feedback containing information about the success of the movement pattern that the learner has just made). For example: Tell the boxer that his elbow needed to be about 4" closer to his hip when he threw the hook.
- Avoid giving feedback after every trial or after watching only one trial. Use summary, average and bandwidth feedback. (See exercises.)
- Use random practice (a practice sequence where the order of the task presentation is randomized so the practice of the various tasks is mixed across the practice period). Example: Use drills that use combination punches.
- Avoid using blocked practice.

Time on task

This is when the cadets are actively engaged in boxing or boxing related movement.

- Out of a 45-minute class period the instructor should have a minimum of 15 minutes of time on task.
- All instructors should periodically check their time on task by using a stopwatch to ensure they are reaching the prescribed amount of time on task. To get a baseline measurement of your time on task have the A.I keep track for you.

Reference

Schmidt, R.A. (1991). *Motor Learning and performance: From Principles to Practice*. Champaign, IL: Human Kinetics.

MOTOR LEARNING EXERCISES

Exercise #1

Practice in slow motion. When the boxer is first learning a new skill, have them practice it at a reduced speed.

Example: After demonstrating and introducing the jab, have the cadets execute several jabs in slow motion.

Objective: To reduce errors and to allow for more effective control.

Usage: Slow motion practice should only be conducted in the verbal cognitive state of practice and should not be over-used.

Exercise #2:

Increasing feedback. After a partner assisted exercise or practice bout, the boxers should give each other feedback concerning the correctness or incorrectness of the movement.

Example: After engaging in a double-arm interval drill, the boxers tell each other one movement pattern they executed well and one they needed to improve upon.

Objective: In general, increasing the number of trials that they receive feedback on enhances learning as long as it does not occur on every trial.

Usage: In a large class when feedback is not frequent from instructors, it is effective to use students to help give feedback on the simpler parts of the actions.

Exercise #3:

Bandwidth feedback. During the motor stage of learning the instructor gives the boxer a preset band of correctness. If the movement falls in the correct range, no feedback is given, but if the movement falls outside of the range, the partner says, “no.” It is up to the boxer to correct the incorrect movement pattern.

Example: While doing catch drills, the partner will give the boxer the appropriate feedback concerning the parameters of the type of punch being thrown.

Objective: Avoids dependency producing effects of frequent feedback, gives positive reinforcement for movements within the band, fosters consistent actions and fosters retention of skills to the graded bouts.

Usage: When the learner has an adequate knowledge of boxing skills.

Variations: When the boxer's movement falls in the correct range the partner says, "yes." When the movement is incorrect the partner says nothing.

When the movement falls outside the correct range, feedback indicating the amount and direction of the error is provided.

Exercise #4:

Error detection facilitation. During the motor stage of learning the boxer describes or estimates to a partner the type of performance errors prior to receiving information about the actual outcome.

Example: After doing combinations, the boxer should verbalize what performance errors he thought he made to his partner. Then the partner verbalizes their opinion.

Objective: Error detection facilitation fosters sensitivity to correct and incorrect motor patterns. This pushes the boxer to devote attention and effort to their movements. This capability makes the boxer self-sufficient which will help to transfer skills to the graded bouts when instructor feedback is withdrawn.

ANNEX G

CONDITIONING FOR BOXING

Conditioning is the most important aspect of a boxer's training regimen. Simply put, a better-conditioned boxer can beat a boxer with superior skills by "outhustling" him or her. Intercollegiate boxing matches consist of three two-minute rounds with one-minute rests in between. As such, intercollegiate boxing is a high intensity sport. Thus, a conditioning program for boxers requires high intensity training. This section will show how high intensity strength and interval training can enhance boxers' capacities for high intensity work rates.

The goal of the boxer is to sustain short, explosive bursts of energy for the duration of the match to execute repeated offensive attacks—combinations—and defensive counters and parries. In essence, the boxer's success depends greatly on the ability to sustain anaerobic endurance throughout the match. Boxing places very high demands on two of the three main anaerobic energy systems: the high-energy phosphates (ATP-CP) and anaerobic glycolysis. Studies have shown that wrestling, a sport that closely approximates boxing in its match set up, makes use of high-energy phosphates and anaerobic glycolysis for 90% and oxidative phosphorylation (aerobic energy supplies) for 10% of its required energy. It is also important to note that the aerobic system and cardiovascular conditioning is important for establishing a baseline level of physical fitness for the athletes, for resynthesizing ATP production, and is vital in the recovery process. Aerobic—longer, lower intensity runs, for example—therefore, should not be neglected. Any conditioning program for amateur boxing should also include strength and conditioning elements.

Cardiovascular Training

In developing a "running" program for boxing, it is important to apply the principle of *specificity*. This refers to the adaptations in the metabolic and physiologic systems according to the overload imposed. Unfortunately, many "old school" coaches neglect specificity, and, for example, make use of long, slow jogging to develop an aerobic base. A training regimen of long, slow jogging, however, will recruit predominantly slow-twitch (ST) motor units, which will innervate ST or Type I muscle fibers. Long, slow running will have an insignificant effect on catalytic enzymes during glycolysis, inhibits strength gains, and has the potential to lead to functional and structural changes in that the muscle fibers become resistant to fatigue at the expense of power. Fast-twitch motor units are used for explosive, dynamic movements requiring great force—like punching. The difference in ST and FT motor units is stark. FT motor units reach peak tension at 50 ms, while ST motor units reach peak tension at 110 ms, more than twice as much time! Although the peripheral adaptations to long, slow jogging will increase the body's ability to transport and utilize oxygen, there is much disagreement as to whether aerobic training will improve anaerobic performance. Given that the overwhelming energy source for boxing is anaerobic, it is important to condition

the FT muscle fibers and their capacity to perform extended periods of work. This can best be accomplished through anaerobic training.

An interval running program places a substantial demand on both the high-energy phosphate system and the lactic acid system (anaerobic glycolysis). The interval workout starts with a five-minute warm-up followed by twelve sets of timed runs using two different work-to-rest ratios and concludes with a fifteen-minute cooldown. The sets are as follows: four six-second sprints, 18 seconds rest; four 20-second sprints, 60 seconds rest; four 40-second sprints, 80 seconds rest. Interval training increases resting levels of ATP, CP, glycogen, and anaerobic enzymes as well as the buffering capacity of blood in response to lactic acid disassociation during intense exercise. Full recovery between bouts of exercise is avoided during interval training, which requires the body to repeatedly produce maximal and near maximal muscle contractions (efforts) while not fully recovered. In this way, the athlete develops anaerobic power and capacity. Employing a work-to-rest ratio of 1:3 and 1:2 will develop FT muscle fibers. Adaptations such as a 35% increase in anaerobic enzymes, a 50% increase in ATP, a 40% increase in CP, and a 100% increase in glycolytic capacity can be achieved with high-intensity interval training. By increasing these substrates, the athlete will enhance his anaerobic capacity, thereby augmenting the ability to carry out a greater amount of high-intensity work.